

A woman with dark hair, wearing a white short-sleeved top with a lace-up detail at the neckline, is looking down at a wicker basket filled with fresh vegetables. The basket contains green leafy lettuce, a head of cauliflower, and several red tomatoes. In the background, there are more baskets of produce, including yellow bell peppers and red tomatoes, suggesting a grocery store or farmers market setting.

**Reduce your risk for diabetes
make healthy choices**

WOMEN VETERANS HEALTH CARE



**VA
HEALTH
CARE**

Defining
EXCELLENCE
in the 21st Century



Learn more at www.womenshealth.va.gov